



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 15011, Fish, catfish, channel, cooked, breaded and fried

Report Date: June 25, 2017 17:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	58.81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	229	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	956	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein	g	18.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	13.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	8.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fiber, total dietary	g	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	1.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	216	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	340	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	280	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	13.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.730	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.190	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1997
Folic acid	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12	µg	1.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin A, RAE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Vitamin A, IU	IU	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	3.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.091	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	2.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	1.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	5.611	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	5.347	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.049	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	3.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	2.616	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.178	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.222	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Amino Acids													
Tryptophan	g	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.836	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Lysine	g	1.597	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.527	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.205	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.726	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.943	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.077	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.817	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.851	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Serine	g	0.764	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987
Other													